A
GENTLE
SPIRIT
Encouraging
Words
for Women
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A GENTLE SPIRIT

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Your beauty should not come from outward adornment. . . . Instead, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God's sight.

1 Peter 3:3-4

Our God is a God of tenderness. Yes, He is holy and awesome, the almighty ruler of the heavens and earth. But He is also a merciful, loving Father, the creator of beautiful things—such as the flowers of the fields—to fill our days and weeks with joy.

In our lives, God's tenderness should also be growing day by day, week by week, year after year. When we cultivate a godly, gentle spirit, we, like the flowers, bring beauty and pleasure to all who come into our lives.

As you read the quotes and Bible verses in this book, take time to meditate on each one. Let them encourage you, teach you, and give you strength and hope in trials. You'll find they'll create in you a lovely gentle spirit of your own.

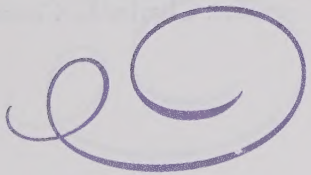
"Now when a man works, his wages are not credited to him as a gift, but as an obligation. However, to the man who does not work but trusts God who justifies the wicked, his faith is credited as righteousness.

Romans 4: 4–5 NIV

Wonderful thing about the Christian life is that we all enter freely. No matter who you are, where you're from, what your experience has been, Jesus Christ invites you to freely come. No conditions. No restrictions. No small print. No waiting.

—Luci Swindoll, *Joy Breaks*

"In all these things we are more than conquerors through him that loved us."
Romans 8:37 KJV



emptation is necessary to settle and confirm us in the spiritual life. It is like the fire which burns in the colors of mineral painting, or like winds that cause the mighty cedars of the mountain to strike more deeply into the soil. Our spiritual conflicts are among our choicest blessings. . . .

—Mrs. Charles E. Cowman, *Streams in the Desert*

"But thanks be to God, who always leads us in triumphal procession in Christ and through us spreads everywhere the fragrance of the knowledge of him."

2 Corinthians 2:14 NIV

What is your fragrance? Are you the one who others don't want to be around? Or are others wanting to smell the freshness of your sweet spirit because you are a blossom so strong with the fragrance of the spirit of Christ? It takes the knowledge of God's Word to develop that fragrance. . . .

—Emilie Barnes, *15 Minutes Alone with God*

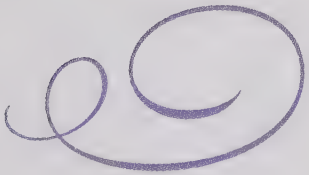
"He maketh me to lie down in green pastures:
he leadeth me beside the still waters."
Psalm 23:2 KJV

eft to our own agendas, we either run at breakneck speeds right past the pasture, enamored with our frenzied pace, or sit in the parched desert. The Shepherd, who understands our naivete and our humanity (not to mention our sheeplike stupidity), intervenes on our behalf to guide us with a strong hand onto a quiet path and into a calmer faith.

—Patsy Clairmont, *Joy Breaks*

"The land, wither ye go to possess it, is a land of hills and valleys, and drinketh water of the rain of heaven: a land which the LORD thy God careth for: the eyes of the LORD are always upon it, from the beginning of the year even unto the end of the year."

Deuteronomy 11:11–12 KJV



If life were all one dead level the dull sameness would oppress us; we want the hills and the valleys. The hills collect the rain for a hundred fruitful valleys. Ah, so it is with us! It is the hill difficulty that drives us to the throne of grace and brings down the shower of blessing. . . .

—Mrs. Charles E. Cowman, *Streams in the Desert*

"From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work."

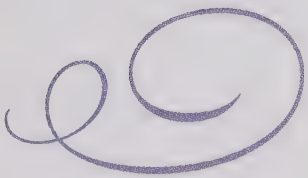
Ephesians 4:16 NIV

Have you ever had a friend whom you loved so much that you wanted to be with him all the time and get to know him better every day?. . . Jesus wants that kind of relationship with you.

—Florence Littauer, *Personality Plus*

"Your beauty should not come from outward adornment, such as braided hair and the wearing of gold jewelry and fine clothes. Instead, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God's sight."

1 Peter 3:3–4 NIV



et the beauty of Jesus be seen in me. Scripture puts it this way: "The King's daughter is all glorious within!" (Psalm 45:13) Forgive, Lord, our distorted values. . . .

—Ruth Youngdahl Nelson, *You Can Make a Difference*

"He that believeth on the Son of God hath the witness in himself; he that believeth not God hath made him a liar; because he believeth not the record that God gave of his Son. And this is the record, that God hath given to us eternal life, and this life is in his Son."

1 John 5:10–11 KJV

Never anywhere in the whole Bible are we given the slightest intimation that God's children were to be anything but perfectly sure of their relationship to Him as children, and of His relationship to them as Father. The flood of doubt and questioning, that so often overwhelms Christian hearts in these days, was apparently never so much as conceived of in Bible times. . . .

—Hannah Whitall Smith, *The Commonsense Teaching of the Bible*

"Being enriched in every thing to all bountifulness, which causeth through us thanksgiving to God."
2 Corinthians 9:11 KJV

I recently discovered that the Old Testament Hebrew word for "Holy Spirit" is a feminine word. And I thought, Of course! The comforter. The guide. The one who teaches and leads. . . . You are God's extended feminine presence in this world. Without You, the world would have an incomplete picture of God.

—Mary Hollingsworth, *Hugs for Women*

"Now to him who is able to do immeasurably more
than all we ask or imagine, according to his power
that is at work within us."
Ephesians 2:20 NIV

What is the treasure we have in earthly vessels, right here, right now? It is Jesus Christ, our Redeemer, and the precious Holy Spirit. It is the capacity to be divinely happy wherever we are, in whatever circumstances.

—Barbara Johnson, *Joy Breaks*

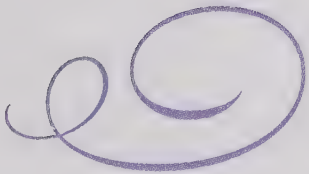
"I can do all things through Christ which stengtheneth me."
Philippians 4:13 KJV

For several years I've been searching for the right term to replace self-esteem in our vocabulary. . . . I believe that term is soul-esteem.

Our selves may be imperfect, incapable, and weak, but our souls are perfect, capable, and strong through brotherhood with Christ. Our souls are the image of the living God.

—Mary Hollingsworth, *Hugs for Women*

"And they were both naked, the man and his wife,
and were not ashamed."
Genesis 2:25 KJV



he Lord instituted the one-flesh relationship. He meant for sex within marriage to be a pleasurable, fulfilling experience; a God-given gift to enhance the love relationship between man and wife.

—Jo Berry, *Proverbs for Easier Living*

"And we know that all things work together for good to them that love God."
Romans 8:28 KJV

ake a thread separately, or a note separately, or a wheel or a tooth of a wheel separately, and there may be neither use nor beauty discernible.

But complete the web, combine the notes, put together the separate parts of steel and iron, and you see how perfect and symmetrical is the result.

—Mrs. Charles E. Cowman, *Streams in the Desert*

"Every good gift and every perfect gift is from above,
and cometh down from the Father of lights,
with whom is no variableness, neither shadow of turning."
James 1:17 KJV

Sometimes we want things we were not meant to have. Because He loves us, the Father says no. Faith trusts that no.

—Elisabeth Elliot, *A Lamp for My Feet*

"Brethren, I count not myself to have apprehended:
but this one thing I do, forgetting those things which are behind,
and reaching forth unto those things which are before,
I press toward the mark for the prize of the high calling
of God in Christ Jesus."
Philippians 3:13–14 KJV

It may be one more request than we think we can fulfill, one more responsibility than we think we can manage, one more phone call, one more pile of dishes to wash, one more bed to make, one more room to clean, one more complaint to listen to, one more interruption. . .

"Interruptions never distracted Jesus.
He accepted them as opportunities of a richer service."

—Ruth Bell Graham, *Legacy of a Pack Rat*

"I am forgotten like a dead man, like a broken and discarded pot."
Psalm 31:12 TLB

Brokenness is what is needed—to lose the pieces of my own identity! Let self be lost so a new person can emerge. . . . One that is honest, glued together with love. . . .

—Ruthe White, *A Spiritual Diary for Saints and Not-So-Saintly*

"I am he that liveth, and was dead; and, behold,
I am alive for evermore."
Revelation 1:18 KJV

We believe that out of every grave there blooms an Easter lily, and in every tomb there sits an angel. We believe in a risen Lord.

—Mrs. Charles E. Cowman, *Streams in the Desert*

"Jesus therefore, knowing all things that should come upon him, went forth, and said unto them, Whom seek ye?"
John 18:4 KJV

ometimes we know that there are barriers ahead and that pain will be a part of the future. Christ knew, all to well, that torture was His heritage. . . And yet the knowledge did not make Him a specter at the feast. He kept His appetite and His philosophy and His good cheer, and His trust in the Father. . .

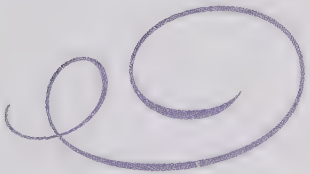
—Mrs. Charles E. Cowman, *Streams in the Desert*

"As far as the east is from the west,
so far does he remove our transgressions from us."
Psalm 103:12 RSV

What you have to do is to tell Him everything, confess your guilt and sin and repent, and then He will cleanse you and throw all your sins into the depths of the sea. Don't forget—there is a sign that reads "no fishing allowed."

—Corrie ten Boom, *Each New Day*

"But ye shall receive power, after that the Holy Ghost
is come upon you: and ye shall be witnesses unto me both in Jerusalem,
and in all Judea, and in Samaria,
and unto the uttermost part of the earth."
Acts 1:8 KJV

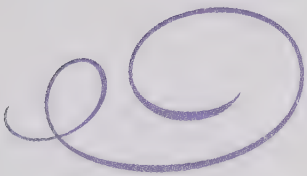


he truth is that Scripture assumes miracles. And the Helper (one of the names Jesus gave the Holy Spirit) always brings miracles in His wake, moves in the climate of miracles, expects them.

—Catherine Marshall, *The Helper*

"Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the measure of faith God has given you."

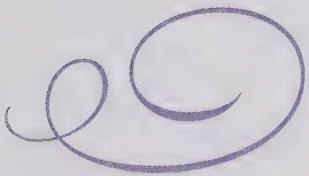
Romans 12:3 NIV



I don't have to exaggerate my strengths or claim gifts that I don't have. I can count on others who have the gifts I don't. But I should not undervalue myself, because my true self-esteem comes from knowing that my unique gifts are as necessary to the body of Christ as anyone else's.

—Lyn Klug, *Bible Readings for Women*

"The LORD is my light and my salvation; whom shall I fear?
the LORD is the strength of my life; of whom shall I be afraid?
When the wicked, even mine enemies and my foes,
came upon me to eat up my flesh, they stumbled and fell."
Psalm 27: 1–2 KJV



. . . Walk with Him as with a visible Companion, from dawn through all the hours till you go to sleep at night. And your nights will be holy too, for He is watching over your sleep as your mother watched over it when you were a tiny child.

—Amy Carmichael, *A Very Present Help*

"Saying, Father, if thou be willing, remove this cup from me: nevertheless not my will, but thine, be done."

Luke 22:42 KJV

must decide to subordinate my will to that of my heavenly Father. It's the only way my life can have unity. Without that unity, I'll become fragmented and my daily decisions will pull me apart at the center.

—Marilyn Morgan Helleberg, *God's Best for You*

"As one whom his mother comforteth, so will I comfort you; and ye shall be comforted in Jerusalem."

Isaiah 66:13 KJV

Giving seems to be the very essence of motherhood. So many calls in the night, so many demands in the day, so little time for oneself, and so much to give. . . . There is One who gave and who gives more than any mother. And how mothers need that which He has to give. . . .

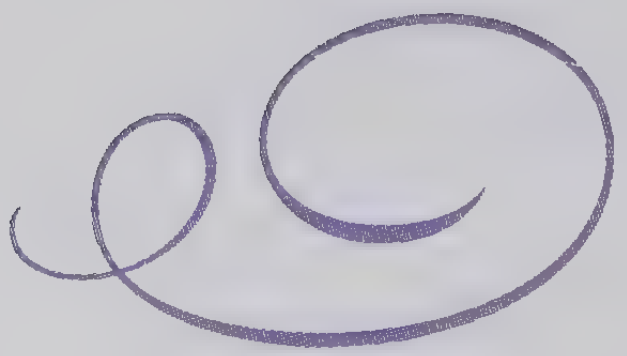
—Doris Coffin Aldrich, *Musings of a Mother*

"A woman that feareth the LORD, she shall be praised.
Give her of the fruit of her hands,
and let her own works praise her in the gates."
Proverbs 31:30–31 KJV

It was [a woman] He chose to bear His Son, tutor Him in childhood and to minister to Him at the cross.

—Ruthe White, *Spiritual Diary for Saints and Not-So-Saintly*

"I have learned, in whatsoever state I am, therewith to be content."
Philippians 4:11 KJV

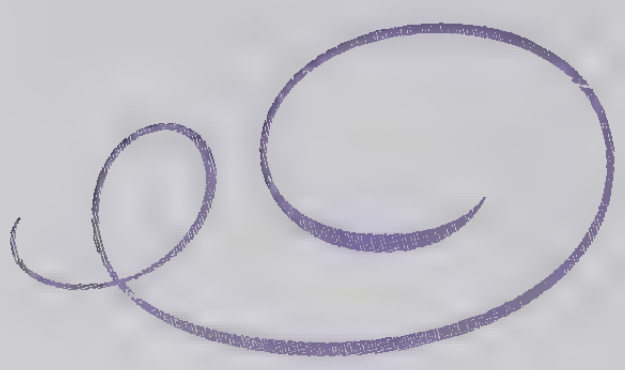


hey who are God's without reserve, are in every state content; for they will only what He wills, and desire to do for Him whatever He desires them to do; they strip themselves of everything, and in this nakedness find all things restored an hundredfold.

—Mrs. Charles E. Cowman, *Streams in the Desert*

"Hear the word of the LORD, O ye nations, and declare it in the isles afar off, and say, He who scattered Israel will gather him, and keep him, as a shepherd doth his flock."

Jeremiah 31:10 KJV



God wants to make us whole; that's why Jesus suffered and died! . . . Restoration is at the heart of the gospel because it expresses the very heart of the Father.

—Jane Hansen, *Fashioned for Intimacy*

"Behold, I stand at the door, and knock:
if any man hear my voice, and open the door, I will come in to him,
and will sup with him, and he with me."
Revelation 3:20 KJV

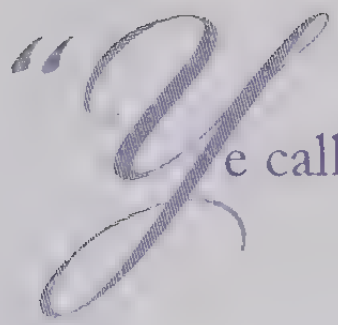
He will not force His way in—He knocks, and asks entrance. Are you "at home" to His love? Or is He to be left outside?

—Doris Coffin Aldrich, *Musings of a Mother*

"In the beginning was the Word, and the Word was with God, and the Word was God."
John 1:1 KJV

All the unselfishness, all the tenderness, all the kindness, all the justice, all the goodness, that we see in Christ is simply a revelation of the unselfishness, the tenderness, the kindness, the justice, the goodness, of God.

—Hannah Whitall Smith, *The Unselfishness of God*



e call me Master and Lord; and ye say well; for so I am."
John 13:13 KJV

Try finding some dirty, smelly, sticky, needy feet, and kneeling in the dust of other people's distress, attend to them—then, surprise, surprise—happy you will be! Yes, Jesus left us an example.

—Jill Briscoe, *Queen of Hearts*

"And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks through Him to God the Father."
Colossians 3:17 NAS

Discipline life by the formulation of a purpose. Harness life with such questions as: What are the truly important things God wants me to do with my years?

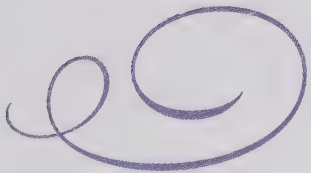
—Gail MacDonald, *Keep Climbing*

"Offer hospitality to one another
without grumbling."
1 Peter 4:9 NIV

Hospitality is the act of caring for one another. We can entertain all we like, but not until we care does it become hospitality.

—Emilie Barnes, *15 Minutes Alone with God*

"Do not be anxious about anything, but in everything,
by prayer and petition, with thanksgiving, present your requests to God.
And the peace of God which transcends all understanding,
will guard your hearts and your minds in Christ Jesus."
Philippians 4:6–7 NIV



When we take our prayer requests to God and then continue to worry, it is as if we are saying, "Thanks so much for stopping to listen to me, but I'm not sure You can help."

—Sheila Walsh, *Gifts for Your Soul*

"Come up in the morning. . .and present thyself there to me in the top of the mount."
Exodus 34:2 KJV

Give God the blossom of the day. Do not put Him off with faded leaves.

—Mrs. Charles E. Cowman, *Streams in the Desert*

"I pray that you, being rooted and established in love,
may have power, together with all the saints,
to grasp how wide and long and high and deep is the love of Christ,
and to know this love that surpasses knowledge—that you may be filled
to the measure of all the fullness of God."
Ephesians 3:17b–19 NIV

Just as love between a man and woman will result in the conception and birth of a life, this love of God to you will bring forth life in you.

—Gwen Shamblin, *The Weigh Down Diet*

hese things have I spoken unto you, that my joy might remain in you, and that your joy might be full."
John 15:11 KJV

Remember, when things go wrong, only your plan has failed; you haven't.

—Marabel Morgan, *Total Joy*

"In the name of Jesus Christ of Nazareth, walk."
Acts 3:6b NIV

Just imagine what might happen if we were to step out of our old routine and deliberately walk in His ways. Why we might even do a little break dancing on our way up and out of that hard place.

C'mon, sister rut-dwellers, boogie out of there. Risk life!

—Patsy Clairmont, *Joy Breaks*

"Pray without ceasing."
1 Thessalonians 5:17 KJV

We constantly carry on a personal conversation with ourselves. . . .
I believe God wants us to invite Him into that conversation.
—Linda R. McGinn, *Investing Your Life in Things That Matter*

nd Jesus increased in wisdom and stature,
and in favor with God and man."
Luke 2:52 KJV

The family is God's design. . . . He gave it His highest endorsement when He placed His own Son within its protective, nurturing walls. Within this framework, His plan for humanity and for Himself will best come to fulfillment.

—Jane Hansen, *Fashioned for Intimacy*

"And this is the confidence that we have in him, that, if we ask any thing according to his will, he heareth us: And if we know that he hear us, whatsoever we ask, we know that we have the petitions that we desired of him."

1 John 5:14–15 KJV

Praying in God's will. . .involves a commitment of every single thing that comes into our lives to God and His perfect will. . . . It is never dull or static because it is not a one-time, once-for-all commitment. It is something we have to work at constantly, moment by moment.

—Evelyn Christenson, *What Happens When Women Pray*

"Beloved, do not be surprised at the fiery ordeal among you, which comes upon you for your testing as though some strange thing were happening to you; but to the degree that you share the sufferings of Christ, keep on rejoicing; so that also at the revelation of His glory, you may rejoice with exultation."

1 Peter 4:12–13 NAS

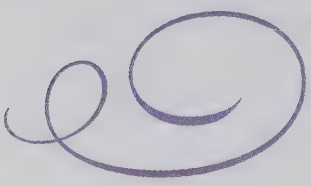
"The same sun that hardens clay, melts wax. . . ."
There is no change or variation in the sun itself. It's just the way the clay or wax responds. Trials and suffering will harden some just like breakable clay, baking in bitterness and resentment. The same circumstances can melt others, teaching them patience and endurance.

—Joni Eareckson Tada, *His Hidden Strength*

"He went out, not knowing whither he went."
Hebrews 11:8b KJV

Waiting on God brings us to our journey's end quicker than our feet.
—Mrs. Charles E. Cowman, *Streams in the Desert*

"Therefore, as the elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, longsuffering; bearing with one another, and forgiving one another. . .but above all these things put on love."
Colossians 3:12–14 NKJV



ear God, thank You for the garments of grace You've prepared for me. I like your style. When I'm feeling poor and ragged, I'll remember You keep Your children well-dressed. Amen.

—Barbara Johnson, *Joy Breaks*

"Use hospitality one to another without grudging. As every man hath received the gift, even so minister the same one to another, as good stewards of the manifold grace of God."
1 Peter 4:9–10 KJV

Hospitality like charity, in order to be true, has to begin at home. . . . Did it count, all this gracious open-house business, if I acted like a hellion the hour before company arrived?

—Karen Mains, *Open Heart, Open Home*

"Ho, every one that thirsteth, come ye to the waters, and he that hath no money; come ye, buy, and eat; yea, come, buy wine and milk without money and without price. Wherefore do ye spend money for that which is not bread? and your labour for that which satisfieth not? hearken diligently unto me, and eat ye that which is good, and let your soul delight itself in fatness."

Isaiah 55:1–2 KJV

Does not plain common sense teach us that, when people feed their souls upon a diet of gossip or of frivolities of any kind, they must necessarily suffer from languor of spiritual life, debility of spiritual digestion, failure of vitality, and a creeping moral paralysis?

—Hannah Whitall Smith, *The Commonsense Teaching of the Bible*

"For this is the will of God, even your sanctification, that ye should abstain from fornication."
1 Thessalonians 4:3 KJV

What God wants is for death to work in us—He wants us to apply the cross. What is the cross? It's the point where my will crosses His will.

—Judy Reamer with Donna Arthur, *Feelings Women Share Rarely*

"He that hath my commandments, and keepeth them, he it is that loveth me: and he that loveth me shall be loved of my Father, and I will love him, and will manifest myself to him. Jesus answered, and said unto him, If a man love me, he will keep my words; and my Father will love him, and we will come unto him, and make our abode with him."

John 14:21, 23 KJV

Loving God is not a nebulous heart experience, but a concrete and active expression of commitment through obedience. . . . Loving Him, obeying Him, and becoming intimate with Him are for you and me, the ordinary ones, who struggle with sin and selfishness. . . .

—Martha Thatcher, *The Freedom of Obedience*

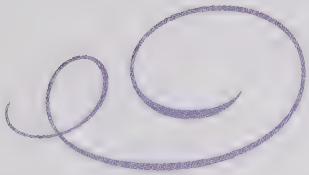
"And that repentance and remission of sins should be preached in his name among all nations, beginning at Jerusalem."
Luke 24:27 KJV

Never let the sense of the irreparable cause you to despair. Give your mistakes to the Lord and allow Him to "make all things new."

—Gigi Graham Tchividjian, *Weather of the Heart*

"Whoever welcomes this little child in my name welcomes me; and whoever welcomes me welcomes the one who sent me. For he who is least among you all—he is the greatest."

Luke 9:47b–48 NIV



One day, when your children are grown and gone, you'll have time for a perfect house. What matters now is not the house, but the home; and not the children's duties, but the children.

—Linda Davis Zumbehl, *Homebodies*

"God is our refuge and strength, a very present help in trouble."
Psalm 46:1 KJV

Welcome the difficult little things, the tiny pricks and ruffles that are sure to come almost every day. For they give you a chance to say "No" to yourself, and by doing so you will become strong not only to do but also to endure.

—Amy Carmichael, *A Very Present Help*

nd be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you."

Ephesians 4:32 KJV

Forgiveness is a choice you make. . . . If you don't forgive, it brings death into your life in one form or another. The best way to become forgiving is to pray for the person you need to forgive.

—Stormie Omartian, *The Power of a Praying Parent*

"The Lord is my shepherd, I shall not be in want. He makes me lie down in green pastures, he leads me beside quiet waters."
Psalm 23:1–2 NIV

Why don't you give yourself a gift today? Turn off the television or the car stereo, put down the newspaper or the business plan, and in the quietness, rest for a while beside the Shepherd of your soul.

—Sheila Walsh, *Gifts for Your Soul*

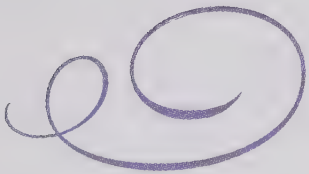
"He that keepeth his mouth keepeth his life: but he that openeth wide his lips shall have destruction."
Proverbs 13:3 KJV

We create a world for ourselves by what we speak. Words have power, and we can either speak life or death into a situation.

—Stormie Omartian, *The Power of a Praying Parent*

"A bruised reed shall he not break, and the smoking flax shall he not quench: he shall bring forth judment unto truth."

Isaiah 42:3 KJV



he poorest shepherd boy on our South Indian hills is careful to choose, for the making of his flute, a reed that is straight and fine and quite unbruised. But our heavenly Shepherd often takes the broken and the bruised, and of such He makes His flutes.

—Amy Carmichael, *A Very Present Help*

"When I am afraid, I will trust in you."
Psalm 56:3 NIV

Written across my forehead and my heart, and tested by years of perseverance and determination, is the greatest lesson I have ever learned. . .and the hardest: *Give Jesus time.*

—Ann Kiemel Anderson, *The Greatest Lesson I've Ever Learned*

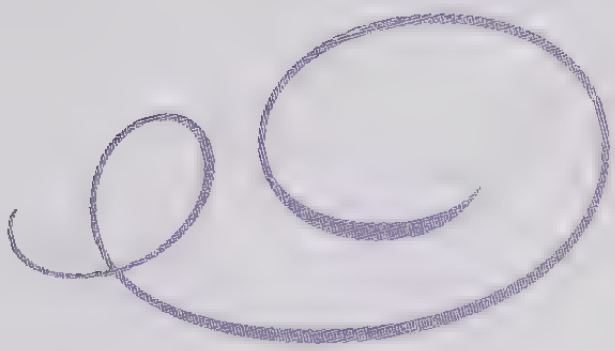
"What can man give
in exchange for his soul?"
Mark 8:37 NIV

When we abandon ourselves to hopelessness we remove ourselves from Christ, our only hope.

—Sheila Walsh, *Gifts for Your Soul*

"Those who sow in tears will reap with songs of joy. He who goes out weeping, carrying seed to sow, will return with songs of joy, carrying sheaves with him."

Psalm 126:5–6 NIV



Sometimes allowing yourself to cry is the scariest thing you'll ever do. And the bravest. It takes a lot of courage to face the facts, stare loss in the face, bare your heart, and let it bleed. But it is the only way to cleanse your wounds and prepare them for healing.

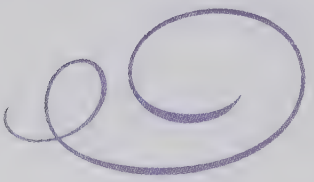
—Barbara Johnson, *Joy Breaks*

"Your Heavenly Father knoweth."
Matthew 6:32 KJV

I can still believe that a day comes for all of us, however far off it may be, when we shall understand; when these tragedies that now blacken and darken the very air of heaven for us, will sink into their places in a scheme so august, so magnificent, so joyful, that we shall laugh for wonder and delight.

—Mrs. Charles E. Cowman, *Streams in the Desert*

"Wait on the LORD: be of good courage,
and he shall strengthen thine heart: wait, I say, on the LORD."
Psalm 27:14 KJV



Yesterday is gone and tomorrow may not come. Today is the only slot of time I really have. What a shame to blow it. I want to make today the very best possible.

—Marabel Morgan, *Total Joy*

"But without faith it is impossible to please him:
for he that cometh to God must believe that he is,
and that he is a rewarder of them that diligently seek him."
Hebrews 11:6 KJV

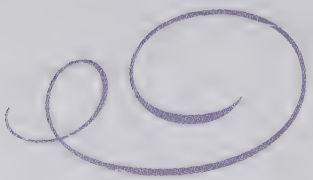
The virtue does not lie in your believing, but in the thing you believe.
—Hannah Whitall Smith, *The Christian's Secret of a Happy Life*

"Whoso loveth instruction loveth knowledge:
but he that hateth reproof is brutish."
Proverbs 12:1 KJV

Let's come out from behind our masks and dare to change. We don't need to be fenced in by our failures of the past; we need to step out into the fields of future potential.

—Florence Littauer, *Personality Plus*

"For whom he did foreknow, he also did predestinate
to be conformed to the image of his Son, that he might be the firstborn
among many brethren. Moreover whom he did predestinate, them he also
called: and whom he called, them he also justified:
and whom he justified, them he also glorified."
Romans 8:29–30 KJV



You are special. God made you.
His undeserved love makes you somebody!

—Alma Kern, *You Are Special*

"I opened to my beloved; but my beloved had withdrawn himself, and was gone: my soul failed when he spake: I sought him, but I could not find him; I called him, but he gave me no answer."

Song of Solomon 5:6 KJV

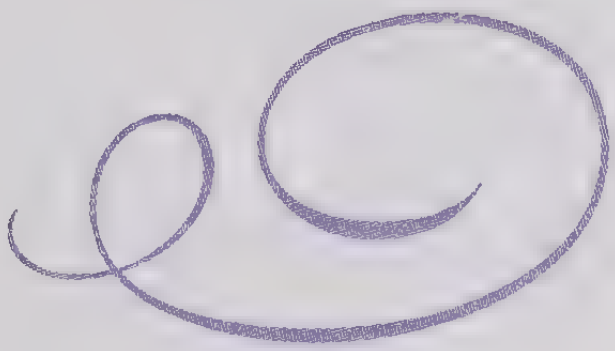
Christ never forces any door open, He only comes in when we have opened the door.

—Cora Harris MacIlravy, *Christ and His Bride*

"And the LORD God said, It is not good that the man should be alone; I will make him an help meet for him."
Genesis 2:18 KJV

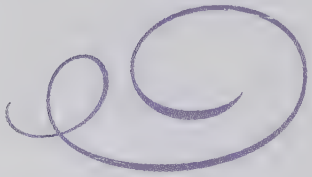
If God created the marriage relationship, certainly He is capable of making it work.

—Eugenia Price, *Woman to Woman*



"Ye are the salt of the earth: but if the salt have lost his savour, wherewith shall it be salted? it is henceforth good for nothing, but to be cast out, and to be trodden under foot of men."

Matthew 5:13 KJV



alt is indispensable to man's health and is fed to livestock for the same reason. . . . But there is another fact about salt that is worth considering: salt makes a person thirsty.

Do we as Christians make people thirsty for the Water of Life?

—Ruth Graham Bell, *Legacy of a Pack Rat*

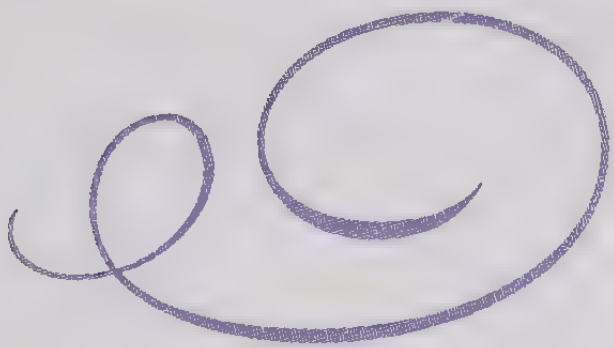
"Come, ye children, hearken unto me:
I will teach you the fear of the LORD."
Psalm 34:11 KJV

Take time for make-believe. Abandon yourself in play. I think God gives us an imagination for a reason. Christ knows the pressures we endure. Perhaps this is one reason He encourages us to "become as little children."

—Jean Lush with Pam Vredevelt, *Women and Stress*

"For the creature was made subject to vanity, not willingly, but by reason of him who hath subjected the same in hope, because the creature itself also shall be delivered from the bondage of corruption into the glorious liberty of the children of God."

Romans 8:20–21 KJV



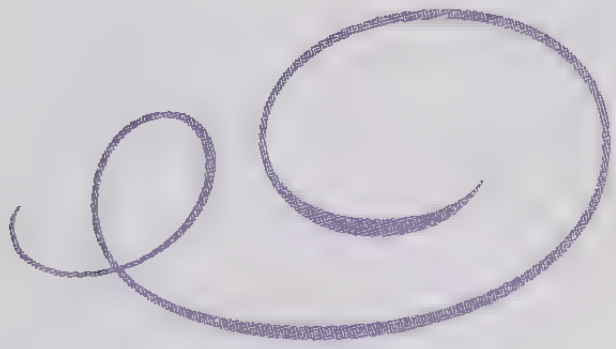
One way you can tell whether or not you're acting according to God's will is this: If you're in tune with His will, your choices will lead to greater inner freedom.

—Marilyn Morgan Helleberg, *God's Best for You*

"But my God shall supply all your need. . ."
Philippians 4:19 KJV

Thank You, Lord, that we may know that our need is never greater than the Helper.

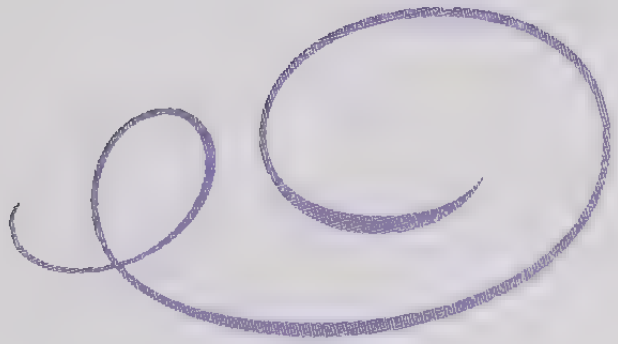
—Corrie ten Boom, *Each New Day*



"But thanks be to God, which giveth us the victory through our Lord Jesus Christ. Therefore, my beloved brethren, be ye stedfast, unmoveable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord."
1 Corinthians 15:57–58 KJV

All things serve Him.
—Elisabeth Elliot, *A Lamp for My Feet*

"What I mean. . .is that the time is short. . . .
For this world in its present form is passing away."
1 Corinthians 7:29, 31 NIV



"Father, give me the grace today to take time. Time to be with you. Time to be with others. Time to enjoy the life you have given me. Help me remember that today is the day you have made. May I rejoice and be glad in it! Amen."

—Luci Swindoll, *Joy Breaks*

"Blessed are the peacemakers;
for they shall be called the sons of God."
Matthew 5:9 NKJV

How can you love God, whom you do not see, if you do not love your neighbor whom you see, whom you touch, with whom you live?

—Mother Teresa, *Blessed Are You*

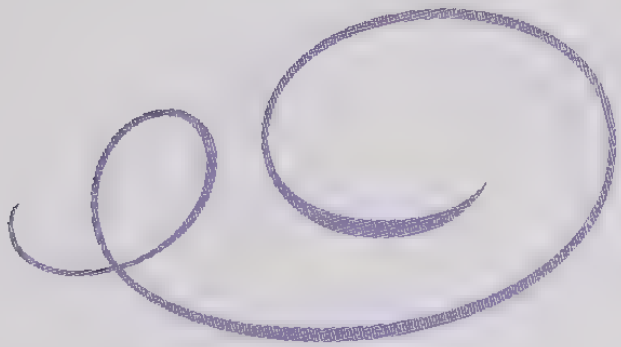
"A man's gift makes room for him, and brings him before great men."
Proverbs 18:16 NKJV

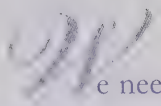
The Holy Spirit within is equal to the task without. . . . There is no need to push or become engaged in conflict. Just stir up the Holy Spirit within you. . . .

—Melinda Fish, *Restoring the Wounded Woman*

"If therefore there is any encouragement in Christ, if there is any consolation of love, if there is any fellowship of the Spirit, if any affection and compassion, make my joy complete by being of the same mind, maintaining the same love, united in spirit, intent on one purpose."

Philippians 2:1–2 NAS

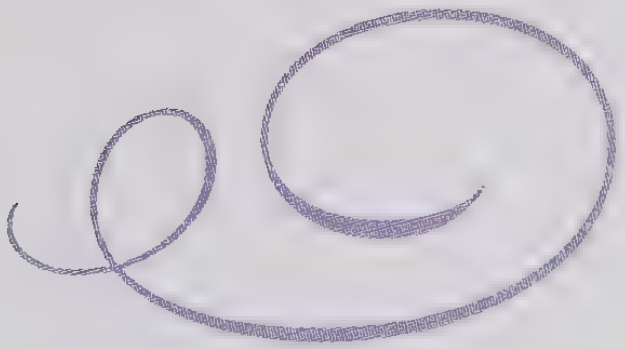




e need not set out in search for a friend. . .rather, we must simply set out to be the friend Christ modeled—anticipating the needs of others, wearing ourselves out at giving. Jesus died doing it.

—Joy MacKenzie, *Friends Through Thick and Thin*

"Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort; who comforts us in all our affliction so that we may be able to comfort those who are in any affliction with the comfort with which we ourselves are comforted by God."
2 Corinthians 1:3–4 NAS



We must discipline our minds to the notion that all pain can be a school in which one can learn. Paul wrote that pain is a time to receive the comfort of God in such a way that we will be enabled to comfort others when it's their time to hurt.

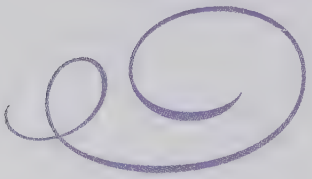
—Gail MacDonald, *Keep Climbing*

"For when David had served God's purpose in his own generation, he fell asleep."
Acts 13:36 NIV

David discovered his purpose and fulfilled it in his generation, and so must we. Otherwise, you and I could be using our lives to clean sinks, when we were made for so much more!

—Sheila Walsh, *Gifts for Your Soul*

Be thou my vision,
O Lord of my heart;
Naught be all else to me,
save that thou art:
Thou my best thought,
by day or by night,
Waking or sleeping,
thy presence my light.
—An Irish hymn translated by Mary E. Byrne



"I will bless the LORD at all times: his praise shall continually be in my mouth."
Psalm 34:1 KJV

If thou would be inwardly victorious and help others to be victors, thou must refuse to be dominated by the seen and the felt. Thou must look steadfastly through the visible till the invisible opens to thee.

—Amy Carmichael, *A Very Present Help*

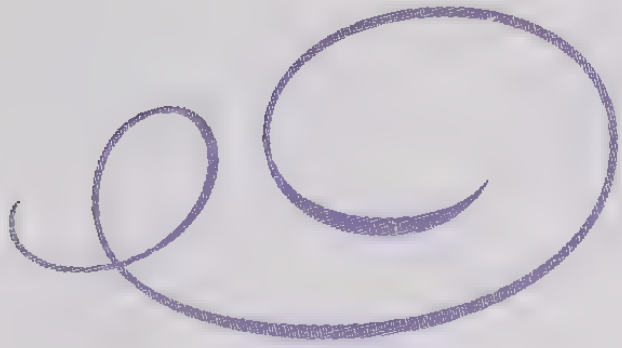
"Not by might, nor by power, but by my spirit, saith the Lord."
Zechariah 4:6 KJV

His quiet performances are indirect, deep, serene, and seemingly slow, and have to be explored to be understood and appreciated. He quietly and confidently moves, working wonders day after day.

—Mrs. Charles E. Cowman, *Streams in the Desert*

"And while He was in Bethany at the home of Simon the leper, and reclining at the table, there came a woman with an alabaster vial of very costly perfume of pure nard; and she broke the vial and poured it over His head. But some were indignantly remarking to one another, 'Why has this perfume been wasted?'"

Mark 14:3–4 NAS



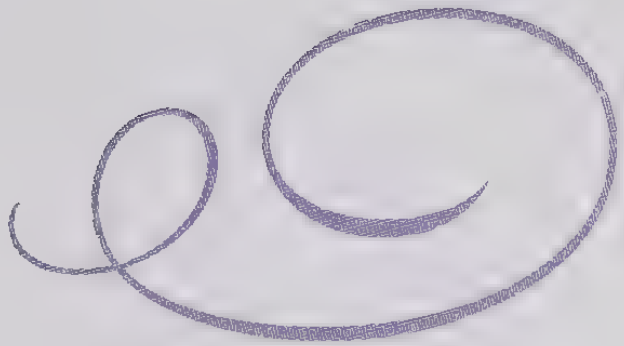
ove is extravagant in the price it is willing to pay, the time it is willing to give, the hardships it is willing to endure, and the strength it is willing to spend.

Love never thinks in terms of "how little," but always in terms of "how much."

—Joni Eareckson Tada, *Secret Strength*

"Martha, Martha, thou art careful and troubled about many things: But one thing is needful: and Mary hath chosen that good part, which shall not be taken away from her."

Luke 10:41–42 KJV



We, like Jesus, must listen for that one voice above every other, and let God guide us in every aspect of our daily lives. But that will mean learning the important lesson of being willing to say no to people in order to say yes to God.

—Colleen Townsend Evans, *The Greatest Lesson I've Ever Learned*

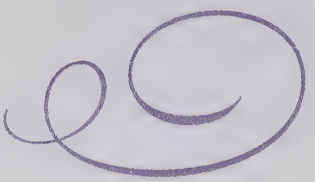
"Take my yoke upon you, and learn of me;
for I am meek and lowly in heart: and ye shall find rest unto your souls."
Matthew 11:29 KJV

Some people think they are humble and lowly in heart when they say bitter and disparaging things about themselves, but I am convinced that the giant ME is often quite as much exalted and puffed up by self-blame as by self-praise. The simple truth is, that we ought not to think or talk about our ME at all.

—Hannah Whitall Smith, *The Commonsense Teaching of the Bible*

"Now after the death of Moses the servant of the LORD it came to pass, that the LORD spake unto Joshua the son of Nun, Moses' minister, saying, Moses my servant is dead; now therefore arise, go over this Jordan, thou, and all this people."

Joshua 1:1–2 KJV



We really never get over our great griefs; we are never altogether the same after we have passed through them as we were before. Yet there is a humanizing and fertilizing influence in sorrow which has been rightly accepted and cheerfully borne. . . . The joy set before us should shine upon our grief as the sun shines through the clouds, glorifying them.

—Mrs. Charles E. Cowman, *Streams in the Desert*

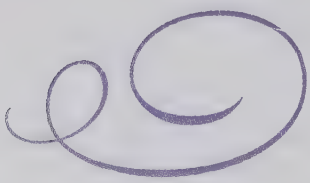
"But when he saw the wind, he was afraid and, beginning to sink, cried out, 'Lord, save me!' Immediately Jesus reached out his hand and caught him. 'You of little faith,' he said, 'why did you doubt?' And when they climbed into the boat, the wind died down. Then those who were in the boat worshiped him, saying, 'Truly you are the Son of God.' "

Matthew 14:30–33 NIV

hey were troubled, those poor men in the boat. . . . How needless their trouble seems to us as we read. Does ours seem as needless to the heavenly watchers?

—Amy Carmichael, *A Very Present Help*

"Trust in the LORD with all thine heart;
and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths."
Proverbs 3:5–6 KJV



Without God's superintendence, our lives would be so complicated and we would be going in so many different directions that we could not function. He has one perfect thing He wants each of us doing at any given time. . . .

—Jo Berry, *Proverbs for Easier Living*

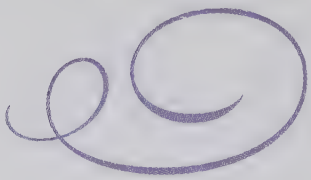
"God is light, and in him is no darkness at all.
If we say that we have fellowship with him, and walk in darkness,
we lie, and do not the truth: But if we walk in the light,
as he is in the light, we have fellowship one with another,
and the blood of Jesus Christ his Son cleanseth us from all sin."
1 John 1:5–7 KJV

When I open my door, do I send rays to dispel the night?. . . When I open my heart, does it shine somewhere like the flame in a cavern, one living pinprick warding off the monstrous cavity of nothingness? Am I a light in the world, and is this house set on a hill for the city to see?

—Karen Mains, *Open Heart Open Home*

"If God is for us, who can be against us?. . . I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord."

Romans 8:31, 38–39 NIV



You can refuse the spirit of fear, which never comes to us from God.

—Amy Carmichael, *You Are My Hiding Place*

"And he said, The Lord is my rock, and my fortress,
and my deliverer; The God of my rock; in him will I trust: he is my shield,
and the horn of my salvation, my high tower, and my refuge,
my saviour; thou savest me from violence."
2 Samuel 22:2–3 KJV

Imagine what Israel and all of us who worship Israel's God would have missed if they had gone by the short route—the thrilling story of the deliverance from Egypt's chariots when the sea was rolled back. Let's not ask for shortcuts. Let's keep alert for the wonders our Guide will show us in the wilderness.

—Elisabeth Elliot, *A Lamp for My Feet*

"You will seek me and find me when you seek me with all your heart."
Jeremiah 29:13 NIV

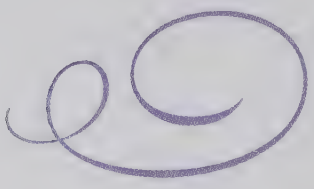
We are not dropping our prayers into a bottomless barrel.
—Evelyn Christenson, *What Happens When Women Pray*

"For thy love is better than wine."
Song of Solomon 1:2 KJV

All the joy and delight, all the pleasures a thousand worlds could offer, are as dust in the balance when weighed against one hour of this mutual exchange of love and communion with the Lord.

—Cora Harris MacIlravy, *Christ and His Bride*

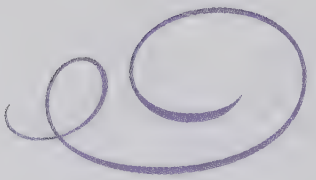
"Let this mind be in you, which was also in Christ Jesus:
Who, being in the form of God, thought it not robbery to be equal
with God: but made himself of no reputation, and took upon him the form
of a servant, and was made in the likeness of men."
Philippians 2:5–7 KJV



I am only a pencil in God's hand. . . .God writes through us, and however imperfect instruments we may be, God writes beautifully.

—Mother Teresa, *Blessed Are You*

"Wherefore receive ye one another, as Christ also received us to the glory of God."
Romans 15:7 KJV



Grace means God accepts me just as I am. He does not require or insist that I measure up to someone else's standard of performance. He loves me completely, thoroughly and perfectly. There's nothing I can do to add to or detract from that love.

—Mary Graham, *The Greatest Lesson I've Ever Learned*

s an eagle stirreth up her nest, fluttereth over her young, spreadeth abroad her wings, taketh them, beareth them on her wings."
Deuteronomy 32:11 KJV

"You can't try your wings if you're sitting in the nest."
—Lisa Bevere, *Out of Control and Loving It!*

he Lord has made the heavens his throne;
from there he rules over everything there is."
Psalm 103:19 TLB

Years ago, when one of our children was away from the Lord and had reached the point of desperation, the Lord seemed to say to me, "You take care of the possible—and trust me for the impossible."

—Ruth Graham, *Dawnings*

"Who is this? He commands even the winds and the water, and they obey him."
Luke 8:25 NIV

Our Lord—your Lord and mine—can command even the most difficult, unruly thing that seems as if it will never be commanded.

—Amy Carmichael, *You Are My Hiding Place*

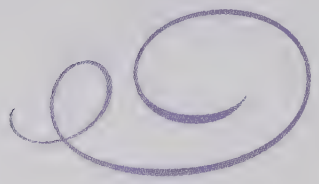
"Make haste, O God, to deliver me."
Psalm 70:1 KJV

Dear Lord, like a child with her mom, when I say now, I mean right now! . . . Instead, you have allowed me to feel my neediness and experience my limitations so I will understand that it is you who will (eventually) save me.

—Patsy Clairmont, *Joy Breaks*

"I exhort, therefore, that first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men, For kings, and for all that are in authority; that we may lead a quiet and peaceable life in all godliness and honesty."

1 Timothy 2:1–2 KJV



"Without God, we cannot.
Without us, God will not. . . ."
God empowers us by the Holy Spirit to intercede for others' needs;
without that empowerment our prayers would be empty words.

—Quin Sherrer and Ruthanne Garlock,
The Spiritual Warrior's Prayer Guide

"The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly."
John 10:10 KJV

As he takes over our lives, heaven enters our hearts here and now.
—Ruth Youngdahl Nelson, *You Can Make a Difference*

"Whatever you have learned or received or heard. . .or seen. . .put it into practice. And the God of peace will be with you."
Philippians 4:9 NIV

Take advantage of the natural lull after hard times when you're pulling together the pieces to sort through the events and ferret out the lessons.

—Jean Fleming, *Between Walden and the Whirlwind*

he sacrifices of God are a broken spirit: a broken and a contrite heart, O God, thou wilt not despise."
Psalm 51:17 KJV

There are times when there is nothing we can do to repair the damage we have caused, yet. . .His forgiveness is dependent only on the finished work at Calvary.

—Helen Roseveare, *Living Holiness*

"Let him bury his face in the dust—there may yet be hope."
Lamentations 3:29 NIV

"Faith sometimes falters, because He does not reward us immediately," wrote St. Augustine. "But hold out, be steadfast, bear the delay, and you have carried the cross." God is never a God of hopelessness.

—Lyn Klug, *Bible Readings for Women*

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MAY 20th 8-10

Your beauty should not come from outward adornment. . . . Instead, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God's sight.

1 Peter 3:3-4 NIV

Our God is a God of tenderness. Yes, He is holy and awesome, but He is also a merciful, loving Father. In our lives, God's gentleness should be growing day by day so that we bring beauty and pleasure to all who come into our lives. This collection of quotations and Scriptures is designed to encourage you, teach you, give you strength and hope in trials, and help create in you *A Gentle Spirit* of your own.

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